

**600 Minute Challenge Pledge Form**

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pledge that I will be physically active for at least 600 minutes in the four week period of \_\_\_\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_\_\_\_. I understand that within those four weeks I will track my daily physical activity minutes on the tracking form provided. In addition, I pledge to encourage my co-workers to participate to increase overall health and wellness within our work environment.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_